

COME AND BE NUTZ WITH US!

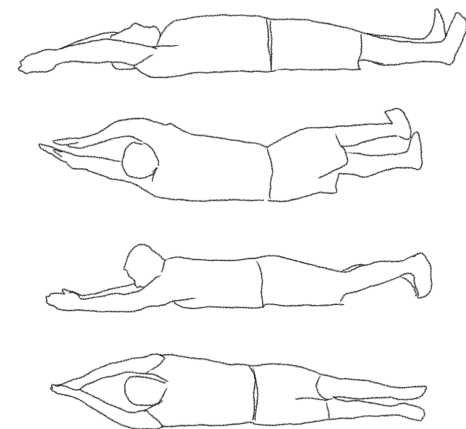


Getting your children to move and do some fun exercise is vitally important for their health and development. Try this short and fun activity today.

Log roll!

How to

- Ask the children to lie down on a soft surface, allow them to extend their arms straight up above their head and their legs straightened.
- Now ask them to roll.
- When starting out, kids have a tendency to roll the top half of their body first then flip their legs over.
- Watch to see if they can keep their bodies straight like a pencil with a moderate degree of control as they roll.
- Now see if they can roll in both directions.
- Try log roll bowling by laying empty bottles as pins and asking the child to log roll all the way to the bottles and see if they can 'bowl them over'.
- Get the whole family involved and make a conveyor belt with everyone logrolling in the same direction, before changing directions.



Why?

A log roll is a seemingly simple activity but one with multiple benefits for your child's motor, sensory and even cognitive development. More specifically, log-rolling helps to improve:

- Vestibular development (the sensory system that helps with balance)
- Bilateral coordination
- Core strength
- Proprioception (a system that helps develop awareness of the body and spatial awareness)

It only
takes
5
minutes!